

Montana Department of Public Health and Human Services	Policy
	MT CACFP 2011-1
	Section: All Institutions
Child and Adult Care Food Program	Subject: Family Style Meal Service
	Effective date: 1/1/2011

FAMILY STYLE MEAL SERVICE

1. Family style meal service is recommended for young children. It is developmentally appropriate for young children and is 'best practice' for the management of food service in child care.
2. In family style meal service, adults must be seated at the dining table with the children and participate in the meal.
3. In family style meal service, food and milk are placed in serving bowls or dishes or pitchers on the dining table at the start of the meal. The quantities of food and milk present on the table at the start of the meal must be at least the minimum amounts of food required by the CACFP for the children and adults. Additional amounts of food from the menu must be brought to the table and passed around to meet the additional nutrient and energy needs of some participants, if applicable. Some amounts of food will be left after the participants are finished, which would demonstrate that everyone was able to access sufficient quantities of food to meet their appetite for the meal.
4. In family style meal service, the foods are passed around the table and the children serve themselves if they are able, or with the help of an adult.
5. In family style meal service, each participant takes their share of food among the foods available, and passes the bowls to others. Participants may take or decline any of the foods available.
6. In family style meal service, most of the foods are served family style but not necessarily all of them. For example, first servings of milk for the children may be poured for them, and if they want more they pour it themselves. Also, hot dishes may not be safe to place on the table for children to serve themselves.
7. Understanding and maintaining Ellyn Satter's 'Division of Responsibility' in Feeding (www.ellynsatter.com) is essential to successful family style meals.